Elijah

D.A.R.E. ESSAY

10/26/17

my name is Elijah and I would tell you my experience with D.A.R.E. In D.A.R.E I learned that if you drink alcohol it will go directly to the blood stream and then damage every organ of your body. There are 75,000 alcohol related deaths each years If you drink alcohol it slows your brain.

If you smoke you would have a big risk for heart disease. There are more than 400,000 deaths due to smoking. All cigarettes contain nicotine which is a powerfully addictive substance. Smoking can cause lung cancer. There are more than 200 known harmful chemicals in one cigarette.

Now I will tell you a few ways to avoid drugs, alcohol, and cigarettes. Number one just avoid the situation number two strength in numbers. Number three walk away. Number four say no, while giving a reason number five change the subject. I loved sharing my experience with you and just rember say no to drugs.